

# Noble Compression Test

## Purpose

This test aims to detect the iliotibial tract's pain, abnormalities, and tightness, which can indicate iliotibial band syndrome. It helps to differentiate iliotibial band syndrome from other common causes of lateral knee pain.

## Interpretation

Palpable snapping, rubbing, or "squeaky hinge-like" crepitus or localized pain that increases with pressure at or above the epicondyle (often at 30° of flexion) indicates ITB syndrome.

<b>Section I. Patient Information</b>	
Patient Name:	
Date of Birth:	
Date of Examination:	
Presenting Complaint:	
Relevant Medical History:	
Previous Injuries/Treatments:	
<b>Section II. Test Procedure</b>	
Patient Position:	Supine / Side-lying (circle one)
Knee Flexion Range:	0-90°
Pressure Application Point	Lateral Epicondyle of Femur
Number of Flexion Movements:	
<b>Section III. Findings</b>	
Crepitus Present:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Description of Crepitus:	
Pain Location:	
Pain Intensity (1-10 scale):	

Pain Occurrence (at what degree of flexion):	
<b>Section IV. Recommendations</b>	
Potential Diagnosis:	
Further Testing Required:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Referred To:	
Treatment Recommendations:	
Follow-Up Appointment:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Follow-Up Date (if applicable):	
Healthcare Professional's Name:	
Signature:	
Date:	